

Centre Number	Candidate Number	Name
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UNIVERSITY OF CAMBRIDGE INTERNATIONAL EXAMINATIONS
International General Certificate of Secondary Education

FOOD AND NUTRITION

0648/01

Paper 1 Theory

October/November 2006

Candidates answer on the Question Paper.
No Additional Materials are required.

2 hours

READ THESE INSTRUCTIONS FIRST

Write your Centre number, candidate number and name on all the work you hand in.
Write in dark blue or black pen.
You may use a soft pencil for any diagrams, or rough working.
Do not use staples, paper clips, highlighters, glue or correction fluid.

Section A

Answer **all** questions in the spaces provided on the Question Paper.
You are advised to spend no longer than 45 minutes on Section A.

Section B

Answer **all** questions in the spaces provided on the Question Paper.

Section C

Answer **either** question 10(a) **or** 10(b) on the lined pages at the end of the Question Paper.
The number of marks is given in brackets [] at the end of each question or part question.

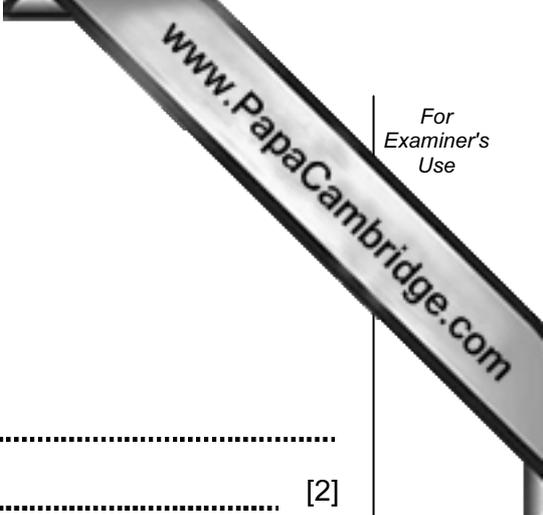
For Examiner's Use	
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Total	

This document consists of **14** printed pages and **2** blank pages.



Section A

Answer **all** questions



1 What is a 'balanced diet'?

.....
..... [2]

2 Starches and sugars are carbohydrates.

(a) State **four** facts about simple sugars.

.....
.....
.....
..... [2]

(b) Give **two** examples of simple sugars.

1. 2. [1]

(c) State **four** facts about double sugars.

.....
.....
.....
..... [2]

(d) Give **two** examples of double sugars.

1. 2. [1]

(e) Describe the digestion of starch:
in the mouth;

.....
.....

in the duodenum;

.....
.....

in the ileum.

.....
..... [4]

3 (a) State **three** functions of calcium.

.....
.....
..... [3]

(b) Name **four** good sources of calcium.

1. 2.
3. 4. [2]

(c) Name **one** deficiency disease associated with a lack of calcium.

..... [1]

(d) Which vitamin assists in the absorption of calcium?

..... [1]

(e) State **one** food source and **one** non-food source of this vitamin.

Food source

Non-food source [1]

4 Current dietary advice is to reduce the amount of fat, sugar and salt in the diet.

(a) Give **two** reasons for reducing the intake of:

fat 1.
2. [2]

sugar 1.
2. [2]

salt 1.
2. [2]

(b) Suggest **four** ways to reduce the intake of:

fat 1.
2.
3.
4. [2]

sugar 1.
2.
3.
4. [2]

salt 1.
2.
3.
4. [2]

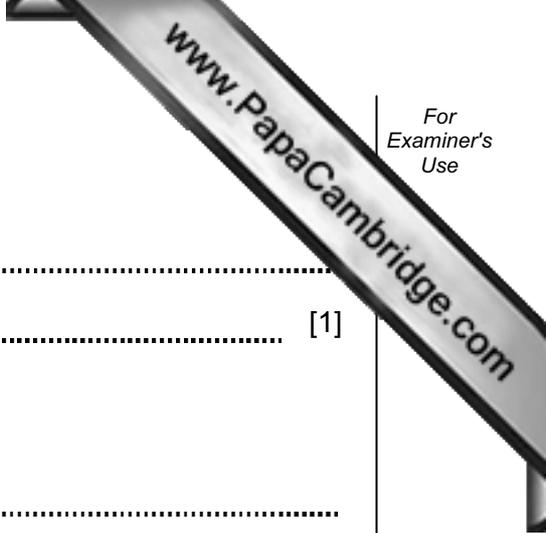
5 State and explain **three** uses of water in the body.

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..... [3]

6 Give advice on healthy eating to a teenager.

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.....
.....
.....
..... [5]

[Section A Total : 40 marks]



(c) Give **two** reasons for lumps in the finished sauce.

- 1. [1]
- 2. [1]

(d) Suggest **two** ways to vary the flavour of the sauce.

- 1. [1]
- 2. [1]

(e) Describe the changes which take place when the sauce is being made.

.....
.....
.....
.....
.....
..... [3]

8 (a) Give **four** reasons for preserving food.

- 1.
- 2.
- 3.
- 4. [2]

(b) State **four** causes of food spoilage.

- 1.
- 2.
- 3.
- 4. [2]

(c) List the conditions which are necessary for food spoilage.

- 1.
- 2.
- 3.
- 4. [2]

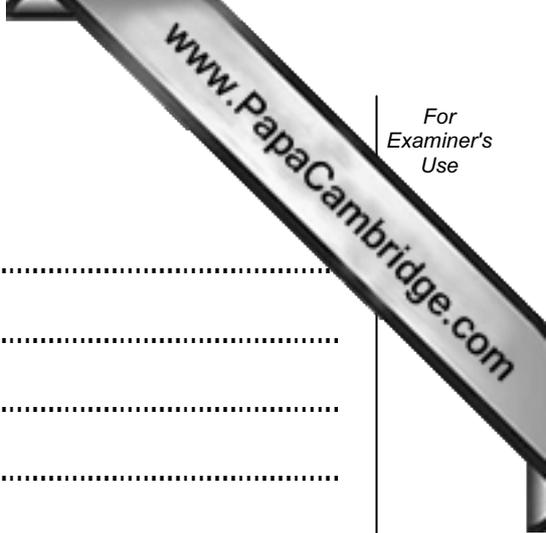
(d) Explain the principles of:

(i) freezing;

-
-
-
- [2]

(ii) jam-making.

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-
-
- [2]



9 (a) Give **six** reasons for the importance of cereals.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6. [3]

(b) Name **four** cereals.

- 1.
- 2.
- 3.
- 4. [2]

(c) Explain how cereals should be stored?

.....

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.....

.....

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..... [3]

(d) Flour is a widely used cereal product.
Give advice, with reasons, on the choice of flour for breadmaking.

.....

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..... [3]

